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MASTER YOUR ENERGY CENTERS AND IMPROVE YOUR INTUITION

by Patty Ray Avalon



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She trains participants to use their consciousness to access guidance, improve manifestation, and learn self-healing and self-actualization skills. She has developed the exciting new course, EnergyBody, which explores the many stages and levels of expanded consciousness.

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I recently came upon an interesting discovery for myself when I was designing an online course on Intuition. Being an energy healer and consciousness researcher, I have a working knowledge of the human bio-energy systems and states of consciousness. I knew that certain chakras, or energy centers, were really primary in helping us access and translate intuitive information. But, the more I studied intuition, I soon came to realize that all the seven major energy centers contribute to enhanced intuition.

First, a bit about Chakras, or energy centers. Chakra is a Hindu word that translates as, "wheel of light." Chakras are understood to be bio-energetic centers that transmit energy and translate consciousness in human beings. They provide vitality to the body and filter information to help us function not only in physical reality but perhaps also in the dimensions of nonphysical reality. There are many systems of chakra interpretation, and differing opinions of just how many chakras there are. Most people agree, however, that there are at least seven major energy centers.

Intuition is that mysterious part of us that seems to be a type of inner guidance system that helps us navigate more efficiently through our lives.

The word intuition is derived from the Latin, *intueri*, which means to see within, or in middle English "to contemplate." One clear definition is: something one knows from instinctive feeling rather than conscious reasoning. Other words to describe it are instinct, clairvoyance, the sixth sense, presentiment, and second sight.

Below I have listed the 7 major energy centers and the way intuition connects with each. Theoretically, if ones keeps the energy centers open and functioning well, they should enhance the way we gain intuitive information to better our lives.

Seven energy centers and how they help us access and interpret intuitive information:

1st Root chakra located at the base of the spine. It is associated with physicality and the physical body. Highly intuitive people are better able to read other peoples' body language and are aware of their own body sensations (chills, tingles, etc.) thus providing intuitive clues.

2nd Sacral chakra located just below the navel. It is associated with our emotions or emotional body. Intuition often speaks to us through our feelings.

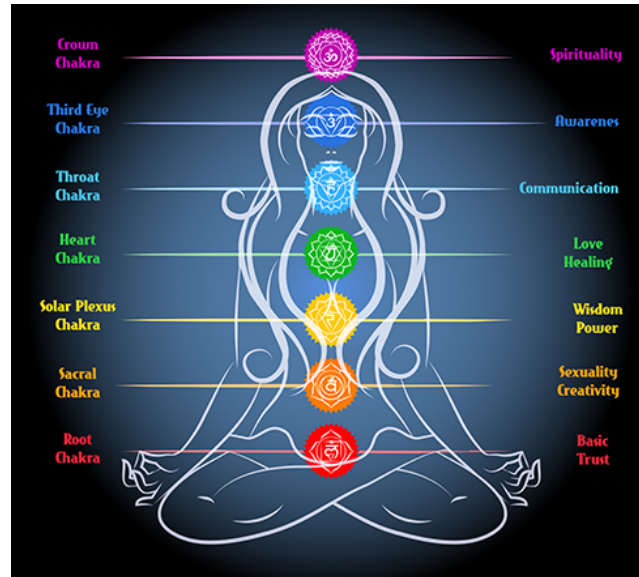
3rd Solar plexus chakra located just below the center of the rib cage. It is considered the intellect center and is associated with how we present ourselves to the world (self-esteem chakra). It is where we sense a 'gut' feeling about something as intuitive guidance.

4th Heart chakra is located right near our heart. It is associated with love for self and other. Here is where our deeper "heart wisdom" seems to reside. The guidance that comes from our hearts is not always logical but has a very special kind of wisdom. It seems to be wise and compassionate, and always holds our best interest in the forefront.

5th Throat chakra is associated with expressing our personal truth, and because it is in the neck/head region, is connected with clairaudience, or hearing on higher levels.

6th Brow or third-eye chakra is located at the center of the forehead. It is classically associated with intuition, insight, and clairvoyance.

7th Crown chakra located at the top of the head. It is associated with accessing all that is, oneness and unity consciousness. When we access information through this center it can be considered "direct knowing," just as when we simply "know something" in an intuitive way.



So finding ways to keep your chakras tuned-up and functioning well could quite likely improve your intuition. You can find ways to master working with your chakras by researching books and films on the subject. I also recommend listening to the Hemi-Sync® audio exercise entitled "Chakra Meditation" by Eluv, and the Chakra Tune Up track on the Hemi-Sync® audio package, "Healing Journeys Support" that I co-created with Monroe Products. Also, if you're really feeling ready for a life-changing experience, join me for a 5-day/6-night exploration of your energy/consciousness system!